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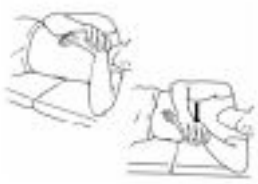
Connecticut Orthopaedics

Posterior Shoulder Stretching Program

Complete __ sets of __ repetitions __ times a day.



*Bring involved arm across in front of body as shown.
*Hold elbow with other arm.
*Gently flex the bent arm which will pull the other arm across chest until a stretch is felt in the back of shoulder.



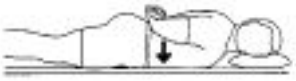
*Lie on your side on a flat surface.
*Bring involved arm across in front of body as shown.
*Push down on hand toward table.
*Gently pull across chest until a stretch is felt in the back of shoulder.



*Raise involved arm over and behind head, elbow bent.
*Grasp elbow or wrist of involved arm with uninvolved arm.
*Pull gently.



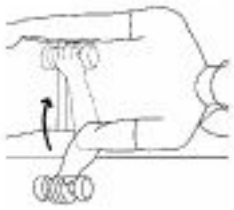
*Hold involved arm over shoulder with towel as shown.
*Grasp towel with uninvolved arm.
*Slowly pull downward with uninvolved arm until a gentle stretch is felt., in back of shoulder.



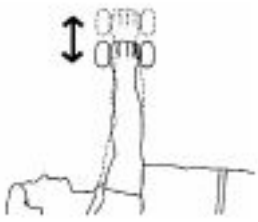
*Lie face down, place hand behind back as far as possible.
*Try to relax into stretch.
*A small pillow may be placed between upper arm and floor, to make stretch less intense.



*Lie on involved side, elbow bent at 90 degrees, arm at side.
*With or without weight, pull hand inward across body, as shown.



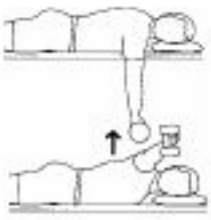
*Lie on involved side, elbow bent at 90 degrees, arm at side.
*With or without weight, pull hand inward across body, as shown.



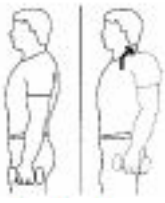
*Lie on back, arm straight and extended.
*Move arm up toward ceiling as far as possible as shown.



*Slightly bend hips and knees and support upper body with other arm as shown.
*Lift arm up, raising elbow to shoulder height.



*Lie face down, arms down and thumbs upward.
*Raise arms and hands to shoulder height, keeping elbows straight and squeezing shoulder blades together.



*Stand with arms at side, with or without weight.
*Raise shoulders upward towards ears, and roll backwards.